

The Fort Huachuca Scout



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Soldiers, Scouts hone outdoor skills

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Photo by Anthony Reed

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Photo by Christopher Zimmerman

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Photo by Anthony Reed

Fired up

Two programs feature firefighters
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Photo by Anthony Reed

Safe crossing

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Employment, courtesy help disabled lead more normal lives

By Gail Mortensen

Exceptional Family Member Program Manager

October is National Disability Employment Awareness Month. The theme for this year is "Americans with Disabilities: Ready for the Global Workforce." The program is meant to highlight the contributions to the workforce and economy of our country that Americans with disabilities have made. The Sierra Vista Commission on Disability Issues sponsored a luncheon on yesterday in support of National Disability Employment Awareness Month where Col. Greg Rose, U.S. Army Intelligence Center and Fort Huachuca presented information on the Wounded Warrior Program.

Congress enacted Public Law 176 in 1945 which designated the first week in October as "National Employ the Physically Handicapped Week". In 1962 the name was changed to "National Disability Employment Awareness Month." Accessibility to jobs was greatly improved in 1990 when the Americans with Disabilities Act became law.

It is important that everyone has the opportunity to work should they wish to do so. The ability to gain employment benefits our economy, especially as we move into a more global business environ-

ment. According to the U.S. Census Bureau there are 49.7 million Americans who have a disability. From a business perspective, hiring persons with disabilities makes sense. Studies show that people with a disability have higher productivity and lower turnover rates in the workplace. For every dollar spent on accommodations there is a much higher return in benefits to the organization.

There is a risk of stereotyping persons with disabilities. Employment barriers exist. There may be assumptions that a person with a disability may be unable to perform a job. This is not true. Their job skills and performance level are not lessened by their disability. Some persons with a disability may request a reasonable accommodation in the workplace. Communication is a key factor in making sure employment is a success. Often there are misunderstandings about what is needed.

Two excellent resources for both employers as well as employees are the Job Accommodation Network through the U.S. Department of Labor and the Equal Employment Opportunity Commission. JAN provides employers and employees with a wealth of information about accommodations that might be applicable for specific individuals and jobs. JAN is also a good resource for under-

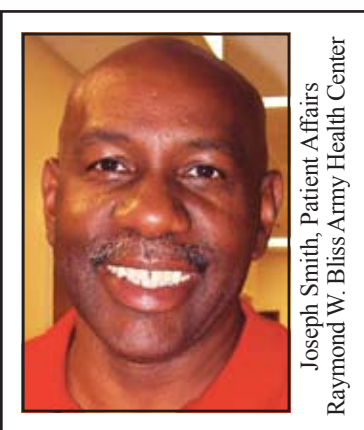
standing provisions of the Americans with Disabilities Act.

Interactions with persons with disabilities can be hindered because people may be afraid that they may say or do something wrong. As a result they may say nothing at all, leading to a feeling of exclusion by the OWD. The Department of Labor website has some excellent tips on etiquette and feeling more comfortable in any setting with a PWD. The following are some examples of these tips.

- Never touch or distract a service dog. The dog is providing a valuable service to the PWD. Petting the dog may prevent him from doing his job.
- If a person uses sign language, make sure you speak to the person, not the interpreter.
- When talking with a person who uses a wheelchair, it is helpful to speak at eye level.
- Never lean on a wheelchair.

Remember to treat a person with a disability with the same respect and courtesy you would extend to anyone. It is important to remember that anyone may become disabled at any time in their lives. People with disabilities are simply asking for the same opportunity that anyone else has in finding gainful employment.

Scout On The Street — What do you do to conserve energy at home, at work?



Joseph Smith, Patient Affairs
Raymond W. Bliss Army Health Center



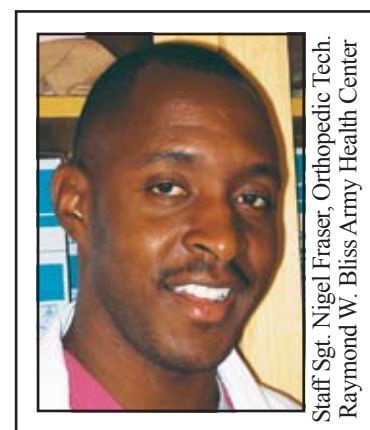
Dennis Panighetti, Lead Medical Tech.
Raymond W. Bliss Army Health Center



Jasmine Reed
Family Member



Jesus Encinasbadilla, 11
Family Member



Staff Sgt. Nigel Fraser, Orthopedic Tech.
Raymond W. Bliss Army Health Center

"I keep power off when not in use. I also make sure my co-workers shut down their computers and office lights before going to lunch or at the end of the day."

"I save gas by riding my motorcycle to work. At home, I shut down the air conditioner at night and enjoy the cool breeze from the window. At the office ... I have on the least amount of lights as possible."

"Not only to save and conserve energy, but to keep my pops off my back, I try to remember cutting off lights and electrical items around the house. It's good to conserve, but it's better not to hear him fussing."

"I turn off my computer after I'm finished. I try to cut down on playing video games, and I don't watch a lot of television."

"I ensure the lights within my section are turned off when not in use, make sure the computers are in 'safe mode' and conduct daily preventative maintenance on our equipment."

The Fort Huachuca Scout

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Army unveils new advertising campaign

Army News Service

The Army announced the start of its communication and education efforts to assist the Army family to communicate to the Nation its new advertising campaign — Army Strong — to an audience of Soldiers, Army civilians and family members Oct. 9.

Army Secretary Dr. Francis Harvey unveiled the effort to tell the Army about the campaign, a key component of the Army's recruiting efforts, during an opening ceremony for the 2006 Association of the U.S. Army Annual Meeting in Washington, D.C.

"This morning we will launch our internal communications and education phase lasting several weeks until we formally launch the new advertising campaign on Nov. 9," Harvey said. "It is vitally important that the internal Army family understand and embrace this new campaign. I believe it speaks to an essential truth of being a Soldier."

The Army is taking 30 days to educate its internal audience on the campaign's meaning. It will go "public" Nov. 9 with television, radio and online spots, as well as an updated www.goarmy.com Web site. Print ads are scheduled to begin in January, and will be directed to media that appeals to young adults.

The Army Strong campaign will build on the foundation of previous recruiting campaigns by highlighting the transformative power of the Army. It will also capture the defining experiences of Soldiers — active duty, Army Reserve, and National Guard — serving the nation at home and abroad. "I am both inspired and confident that the campaign will

See **CAMPAIGN**, Page A14



Courtesy Photo

B Troop bids farewell to cavalry horse

By Christopher Zimmerman

B Troop

As the sun set behind the mesquite trees Oct. 11, B Troop bid farewell to one of its long-serving comrades. With full military honors B Troop horse "Sarge" was memorialized in the troop's main pasture. Sarge had been buried the previous Friday after having been euthanized to save him from further suffering caused by illness and complicated by old age. B Troop commander Chief Warrant Officer Rod Preuss led the funeral proceedings.

Sarge had served the Army for 11 years before being retired last April. He was one of the most beloved horses in the herd. He had been donated to B Troop by the U.S. Border Patrol that had found him wandering in the desert near Nogales, Ariz. He had been used as a pack horse by drug smugglers, and after having completed the trip was abandoned and left to die. Although it took the Army many months to rehabilitate Sarge, he eventually became one of the top cavalry horses at Fort Huachuca.

During the memorial service for Sarge, Preuss read messages from former troopers from around the world who had sent in their condolences and remembrances.

Former troop quartermaster sergeant Er-

nie Brown wrote, "Sarge was a good mount and just about the best (guidon position) and individual events pony you could ask for. I'm thankful for the time I got with him, and even more thankful that you could take care of him properly and treat him with respect all the way to the end."

Former troop 1st Sgt. Paul Stier wrote, "I do not know how Sarge got his name, but it suited him as he was a tough-as-nails non-commissioned officer ... He was always a pleasure to ride once you got over his ornery nature ... Beyond his tough exterior he could be quite lovable."

Former troop Stable Sgt. Chris Ehney asked, "Please don't forget to put his name next to his fellow fallen comrades on the (B Troop) Web site. I personally consider that section a place of honor. Thank you again ... I miss him terribly."

Although no records exist as to where Sarge came from or exactly how old he was, equine veterinarians placed his age at no less than 25. He served the Army faithfully and enthusiastically and was considered a prized mount in the troop. Although his passing is a tremendous blow to those who knew him and rode him, he will live on forever in the lore and history of B Troop.

See **B TROOP**, Page A14

New TRICARE Standard handbook released

TRICARE Release

TRICARE is making a handbook available to all beneficiaries covered under TRICARE Standard. This new manual goes into much greater detail than the old booklet, making it as useful as the TRICARE Prime and Prime Remote handbooks.

"We are publishing the Standard handbook to help beneficiaries fully understand their medical care," said Army Major General Elder Granger, deputy director, TRICARE Management Activity. "Explaining the benefit more clearly promotes beneficiary satisfaction, and is in keeping with the President's initiative to make health care more transparent."

Although the handbook is chock full of useful data from what's covered to how to file a claim, it does not

include cost information. Because of annual cost changes, TRICARE created a separate summary of beneficiary costs flyer that contains costs for all TRICARE programs, including dental and pharmacy. TRICARE will update the flyer whenever the rates change.

Starting in early October, beneficiaries may ask for copies of the TRICARE Standard handbook or the summary of beneficiary costs flyer from their regional contractors or from a local TRICARE Service Center, or view the documents on the TRICARE Smart Site, <http://www.tricare.osd.mil/TRICARESmart>. Basic information on TRICARE Standard is available at <http://www.tricare.osd.mil/Factsheets/viewfactsheet.cfm?id=318>.



Dylan Fountain, 8, makes Gak, a gooey substance, during the Lights On After School celebration at the School-Age Services building.



Post keeps Lights On After School

Story and photos by Anthony Reed
Scout Staff

In America today, one in four youth are alone and unsupervised after school.

To combat that trend, Lights On After School was launched in October 2000 with celebrations in more than 1,200 communities nationwide. More than one million Americans participated this year.

Maj. General Barbara Fast, commander, U.S. Army Intelligence Center and Fort Huachuca, proclaimed Oct. 12, as "Lights On After School Day" declaring the Fort's endorsement, and committing the Installation and Child and Youth Services to engage in innovative after-school programs and activities that ensure the lights stay on and the doors stay open for all children after school.

Fort Huachuca celebrated Lights On After School Oct. 12 at all Child Development Services and School-Age Services facilities.

"This is an annual nationwide celebration to call attention to the importance of after-school programs," said Jennifer Lotten, School-Age Services director.

Keeping the Lights On After School: A Proclamation

WHEREAS, Child and Youth Services stands firmly committed to quality after-school programs and opportunities because they:

- *Provide safe, challenging, engaging, and fun learning experiences to help children and youth develop their social, emotional, physical, cultural, and academic skills.*
- *Support working families by ensuring their children are safe and productive after the regular school day ends.*
- *Build stronger communities by involving our students, parents, business leaders, and adult volunteers in the lives of our young people, thereby promoting positive relationships among children, youth, families, and adults.*
- *Engage families, schools, and diverse community partners in advancing the welfare of our children.*

See **PROCLAMATION**, Page A11

See **LIGHTS**, Page A11

FH Fire Department works with post schools, teaches children fire safety

Story and photo by Rob Martinez
Scout Staff

During Fire Prevention Week, Oct. 8 through Saturday, the Fort Huachuca Fire Department worked with post schools to set up different scenarios to inform the children about fire safety. Firefighters taught youth how to prevent cooking fires and be safe in the home.

Oct. 12, firefighters gave a presentation at Gen. Myer Elementary School with the theme, "Watch What You Heat," which was shown in a film that instructed the students on fire safety in the home and especially the kitchen.

After the film, firefighters filled the stage with smoke from a smoke machine, and firefighters Lt. Dave Rhodes and Valintine Robles crawled out of the smoke and darkness behind the curtain into the cafeteria to show the students what they may see if they were in their bedroom during a fire and firefighters entered to help them.

"Our main point here is to make sure that the kids aren't scared of firefighters," said Fire Chief Bud Linardy. "This little scenario here is set up ... to let the kids know that if they see a guy coming in with a mask on and the suit and everything, to not be afraid of him."

Linardy said he also wants the children to also remember how to get out of a burning structure; to stop, drop, and roll; and to know the evacuation plans.

"Don't hide in a (burning) house," Linardy said. "Go outside!"

Fifth-grade student Jaron McCall said he liked the firefighters crawling out of the smoky stage the most. "I wanted to do it too," he said. Jaron was also glad to get out of math class.



After filling the stage with smoke with a smoke machine, firefighters Lt. Dave Rhodes and Valintine Robles crawled out of the smoke and darkness behind the curtain and into the cafeteria to show students of Gen. Myer Elementary what they may see if they were in their bedroom during a fire and firefighters entered to help them.



Soldiers, civilians welcomed home

Maj. Gen. Barbara Fast, commanding general U.S. Army Intelligence Center and Fort Huachuca presents a certificate to Spc. Jovanny Suarez, 11th Signal Brigade during the Quarterly Welcome Home Ceremony, Tuesday on Brown Parade Field.

The ceremony was a tribute to the Post's 17 Soldiers and two civilians who redeployed from Iraq, Afghanistan and other places.

Photo by Thom Williams

Advertisement

Road construction underway; detours planned

Scout Reports

The Directorate of Public Works is repairing and repaving Lawton, Allison and Winrow Roads leading to the Main Gate. The construction is expected to be completed in January, depending on the weather.

Motorists can expect road closures and detours, and are cautioned to obey all traffic control devices in and around the construction sites. There will be future updates in the Scout and on the Commander's Access Channel as the work progresses.

The detour plan is illustrated in the maps.

■ Off post traffic will be generally directed to the East Gate.

■ Off post traf-

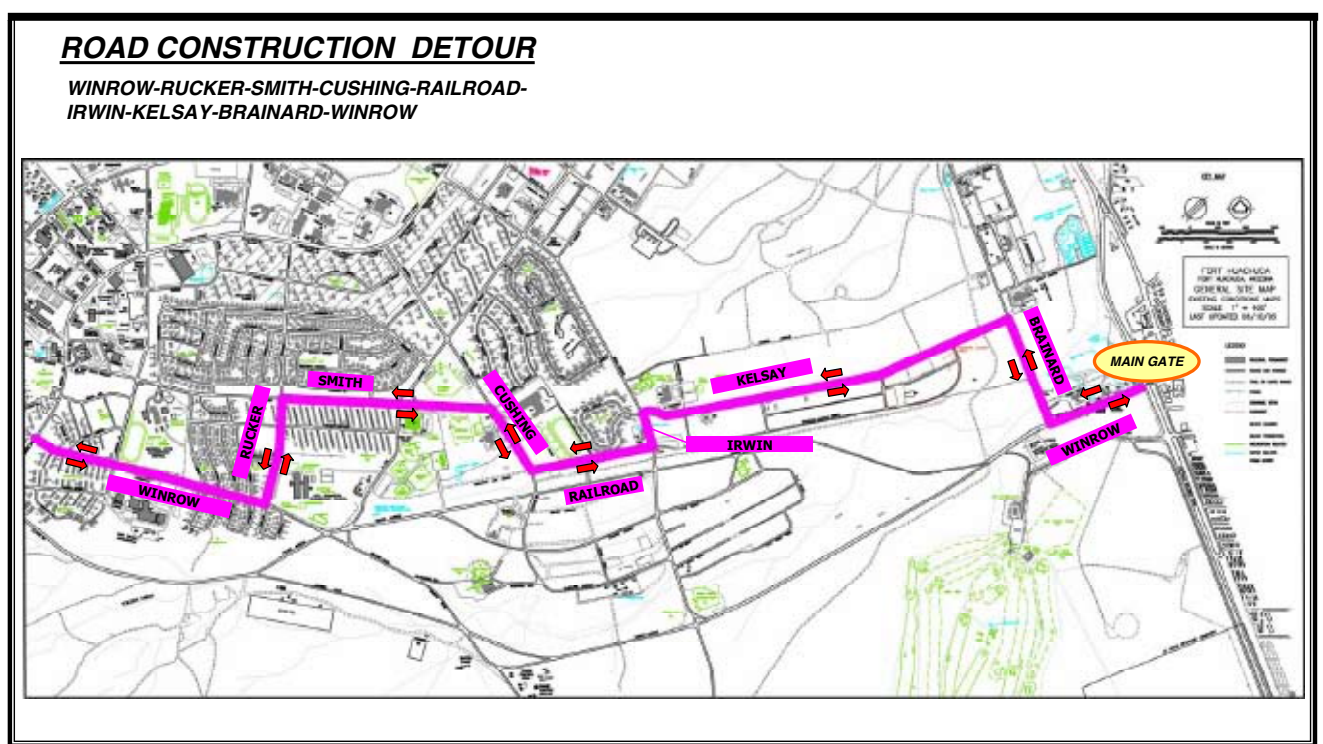
fic using the Main Gate will detour to Railroad Avenue, Cushing Street, Kelsey Avenue, to Brainard Road and out.

■ Inbound traffic at the Main Gate will be detoured to Brainard Street to Kelsey Avenue and in to Irwin Street and then either left to Squire Avenue, or right to Hatfield Street.

■ Cavalry Park residents will have access via Mizner Avenue, Wright and Crandal Street to and from Winrow Road.

■ Signal Village occupants will have access via Arizona Street to the East.

■ Army Lodging occupants will have access via Wright Street, Crandal Street and Mizner Avenue.



■ The Main Gate Mini Mall will have an access road to their facility for both inbound and outbound traffic.

Directorate of Public Works and Fort Huachuca command officials appreciate everyone's cooperation and understanding

that travel routes will be different during the road work. There are few options when working on major access roads. They

have worked to minimize the impact as much as possible.

Those with questions should call 533-1443.

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AAFES gift cards benefit everyone

AAFES Release

Americans love gift cards. In fact, industry analysts say that nationwide sales doubled over the past five years and are expected to hit \$72.8 billion in 2006.

As usual, military families are right in step with their civilian counterparts, steadily increasing their demand for convenient Army & Air Force Exchange Service gift cards. And why not? From the purchaser, to the recipient, to military Morale, Welfare and Recreation programs that ultimately benefit from exchange patronage, AAFES gift cards meet the entire

military community's needs.

"I like to say that our gift cards work three times harder than any other," said AAFES' Senior Enlisted Advisor Chief Master Sgt. Bryan Eaton. "They not only make purchases easy, but also ensure the recipient gets exactly what he or she wants at the best possible price while generating much needed revenue for MWR programs. The bottom line is that all gift cards are not created equal."

While other cards may look similar to AAFES', there can be differences in fees and expiration dates. In fact, the FDIC advises

that some outlets charge for purchasing or even using their gift cards, while others impose expiration dates on use.

AAFES limits military families' potential for risk with gift cards that never expire and are only subject to a \$2 monthly fee after 24 consecutive months of non-use.

The patriotically inspired cards, available in red, white and blue, can be used the same as cash at AAFES facilities around the world. To find out more about the AAFES Gift Card, see any cashier, log on to aafes.com or call 888-481-1550.

Shoot for stars, not drugs

Scout Staff

Monday through Oct. 27 is Red Ribbon Week, a tribute to Drug Enforcement Agency Special Agent Enrique Camarena who was kidnapped and murdered by drug traffickers. In honor of Camarena's battle against drugs, friends wore red badges. Parents formed anti-drug coalitions, some taking Camarena as their model, believing that one person can make a difference.

With the campaign, communities and students across America have committed themselves to living drug-free lives.

Fort Huachuca schools will participate, advancing the theme, "Stand up and be counted: Let's shoot for the stars, not drugs." Each school has a program set for the entire week.

For special event hours, call the schools: Myer at 459-8986, Johnston at 459-8798, and Smith at 459-8892.

Advertisement

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Photo by Rob Martinez

Myer School Crossing Guard Petra Towery helps students safely cross the road.

Post crossing guards keep students safe

Story by Anthony Reed

Scout Staff

Athletes play their respective sports “for the love of game.”

Taking a page from their book, post crossing guards help students safely get to and from school “for the love of the children.”

Dalisla Apolinario and Petra Towery are crossing guards posted a block away from each other on Arizona Street, near post housing, across from the Raymond W. Bliss Army Health Center.

Each morning from 7:10 to 8:10 a.m. and again from 2:10 to about 3:15 p.m., armed with an orange vest and hand-held Stop sign, they help navigate children to and from school.

“Some walk to school and some ride their bikes,” Apolinario said. “We also make sure bus riders get on the right bus.”

Apolinario said a crossing guard’s main focus is ensuring students and their parents get to and from school safely. As a mother of three boys ages 16, 12 and 2, that has always been very important to her.

“I love being around the kids,” said the former playground monitor. “To many, this job is no big deal, but to me, it is fun, but very important.”

Towery said she sees being a crossing guard as “an opportunity to be home with my children more. I live walking distance from my post (on Winrow and Arizona)

in the housing area nearby.”

Towery is a mother of an 18-year-old son and 11-year-old daughter. “I taught them at an early age to always be aware when crossing the street.”

She was a substitute teacher last year, and also has worked with children as a classroom and playground monitor.

Towery also said being a crossing guard is a good way to keep busy. Her husband, Sgt. Michael Towery, a generator mechanic with the 86th Signal Battalion, was recently deployed to Iraq. “It’s his second deployment in the past couple of years. It’s part of being a military family.”

Apolinario and Towery said though it’s early in the school year, they have already formed bonds with the students.

“Once in awhile a group of girls will stop and chat with me for a minute or two,” Apolinario said. “I laugh when I see them on Monday and they say they missed me over the weekend.”

Towery said some girls give her a hug of thanks for keeping them safe. “I have fun with all the children. One girl gave me a necklace.”

Both crossing guards are sticklers for rules and will not hesitate to enforce them. Students who ride their bicycles to school must have helmets, and they must get off of their bikes and walk across the street.

Motorists are urged to slow down in the School Zones. “Sometimes speeding cars are a problem,” Apolinario said. The speed limit in the School Zone is 15



Photo by Anthony Reed

Towery wears a necklace given to her by one of the students who crosses at her intersection.

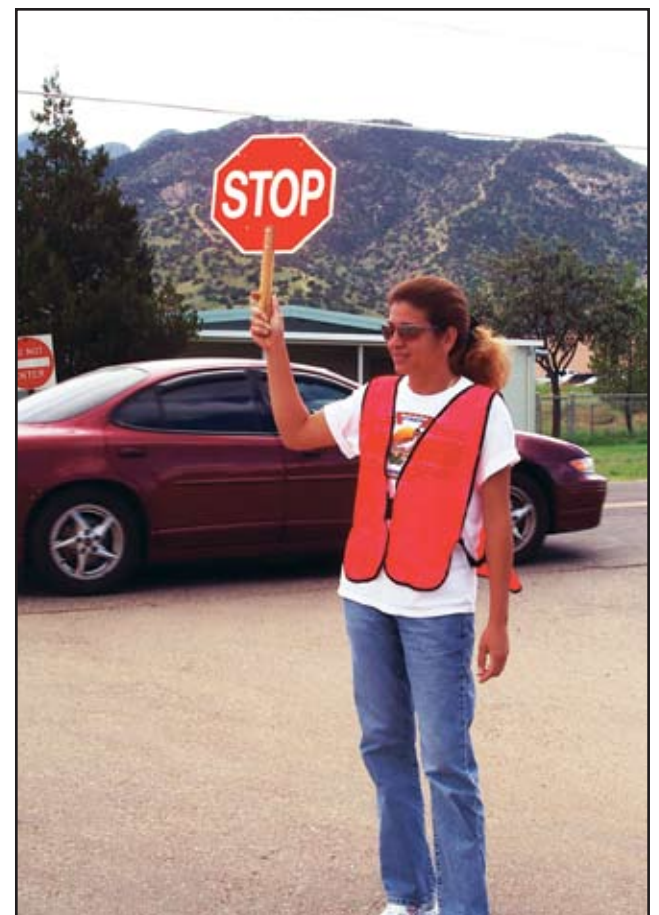


Photo by Anthony Reed

Post Crossing Guard Dalisla Apolinario is one of several guards who monitor the safety of the students as they travel to and from school.

miles per hour. “When they speed, I get their license plate number and report them to the military police.”

Parents should be secure in knowing their children are in good hands going to and coming from school. The post crossing guards are always watching over them.

From **LIGHTS**, Page A4

“The purpose is to get support from policy-makers. We need funding so our lights can stay on at a safe place for our children.”

According to Lotten, Fort Huachuca has approximately 145 children enrolled in school-age programs.

“School-Age services are for children in first through fifth grades,” Lotten said. “Youth Services provides programs for children in middle school through the age of 18.”

Post celebration activities included face painting, pony bread creations, safe cooking, paper bag puppets, gak making, hair spraying, games and mancala.

The Fort Huachuca and Sierra Vista Fire Departments also contributed to the celebration. One of the most popular events at the SAS building was a makeshift house built on a truck chassis used as a Smokehouse.

“It was bigger than a doll house, but smaller than a real one,” said Brianna James, 8. The firemen filled the house with smoke and taught us how to either crawl out or get in a place where they could find us.”

The Lights On After School celebration proved fun for all, but Lotten also pointed out the programs are “not a baby sitting service. We provide services like a Homework Center and Computer Lab as well.”

These programs are vital for all children — especially here in Arizona where 30 percent of youth in grades K-12 are responsible for taking care of themselves. These children spend an average of more than seven hours per week unsupervised after school.

In contrast, only 12 percent of Arizona’s K-12 youth participate in after-school programs.



Photo by Anthony Reed

Children safely crawl out of a makeshift burning house during the Lights On After School celebration at the School-Age Services building.

Alternative options include traditional child care centers, sibling care, and non-parental adult care (grandparents or neighbors).

“Lights On After School helps others recognize the importance of the program,” Lotten said. “I invite anyone to come by and see what we do.”

From **PROCLAMATION**, Page A4

WHEREAS, Child and Youth Services has provided significant leadership in the area of community involvement in the education and well-being of our youth, grounded in the principle that quality after-school programs are key to helping our children become successful adults.

WHEREAS, *Lights On After School*, a national celebration of after-school programs on 12 October 2006, promotes the critical importance of quality after-school programs in the lives of children, their families, and their communities.

WHEREAS, more than 28 million children in the United States have parents who work outside the home, and 14.3 million children have no place to go after school.

WHEREAS, many after-school programs across the country are facing funding shortfalls so severe that they are being forced to close their doors and turn off their lights.

THEREFORE BE IT RESOLVED that I, Major General Barbara G. Fast, do hereby proclaim 12 October 2006, as “*Lights On After School Day*”; AND BE IT FURTHER RESOLVED that Fort Huachuca enthusiastically endorses *Lights on After School* and commits our Installation and Child and Youth Services to engage in innovative after-school programs and activities that ensure the lights stay on and the doors stay open for all children after school.

BARBARA FAST
Major General, USA
Commanding

Advertisement

Range closures set

- Today – AK, AL, AN, AP, AR, AU
- Friday – AK, AL, AP, AQ, AR, AU, T1, T1A, T2
- Saturday – AL, AP, AU, AY, T1, T1A, T2
- Sunday – AL, AP, AU, T1, T1A, T2
- Monday – AL, AP, AU
- Tuesday – AL, AP, AQ, AU
- Wednesday 25 Oct – AL, AP, AQ, AU, AY, T1, T1A, T2

For more information on range closures, contact Range Control at 533-7095. Closures are subject to daily change.

FEHB open season begins Nov. 13

This year’s Federal Employees Health Benefits open season will be held from Nov. 13, through Dec. 11. Coverage will become effective Dec. 31.

There are three programs available for employees and retirees to choose from this year. These consist of the regular FEHB plans, the Federal Flexible Spending Account Program and the new Federal Employees Dental and Vision Insurance Program.

All 2007 FEHB guides, health plan brochures, and the FEHB plan codes needed for enrollment along with the 2007 premium rates can be found at www.opm.gov/insure/health.

For questions regarding this year’s FEHB open season, contact the Civilian Personnel Advisory Center at 533-5273.

Giving Tree seeks volunteers

The Giving Tree Program which provides holiday gifts for needy children needs volunteers to sit at the Post Exchange for two-hour shifts from 10 a.m to 4 p.m., Nov. 1 through Dec. 3.

Units may sign up for the entire day. Those with no time to volunteer can take a tag off the tree, purchase the requested item for a needy child and put a smile on someone’s face at Christmas.

For more information call 533-4748.

Medicare open enrollment begins

Medicare’s open enrollment starts Nov. 15 and ends Dec. 31. Coverage begins Jan. 1. Those who are satisfied with their plans do not have to do anything to re-enroll. Enroll early to make sure you can get the prescriptions you need Jan. 1.

For more information, call 1-800-MEDICARE or TTY 1-877-486-2048 or e-mail www.medicare.gov.

Installation Retirement Ceremony

The next Installation Retirement Ceremony is scheduled at 4 p.m. Oct. 27 at Chaffee Parade Field. The public is invited. A mandatory rehearsal for retirees is scheduled for 4 p.m., Oct. 26 at Chaffee Parade Field. Motorists should expect traffic disruptions during these times.

Special Forces Briefing planned

Special Forces Recruiting is holding recruiting briefings at 11:30 a.m. and 5:30 p.m. Monday through Oct. 26 at Murr Community Center.

The time, date and place of the Special Forces Army Physical Fitness Test will be announced at the briefings.

For more information, contact Sgt. 1st Class Lopez at (cell) 877-217-7131 or (office) 254-287-0289.

MOAA president speaks Sunday

The Military Officers Association of America National President, Vice Adm. Norbert Ryan, USN (Ret.), will address the Coronado Chapter of the Military Officers Association at 4 p.m. Sunday at the Windemere Hotel and Conference Center, S. Highway 92, Sierra Vista.

Ryan will discuss the importance of action taken by local chapters in influencing legislation at the state and national level which affects active duty military and veterans.

All Retired, active duty, former active duty, Reserve and National Guard Officers are especially invited to attend this reception. The public is also invited.

Call Allen Rossow at 439-4144 or Colonel Bob White at 803-8333 for information and reservations.

Market yourself for a second career

The Army Career and Alumni Program will sponsor a special event from 1:30 to 4 p.m. Oct. 31 at the ACAP Center, Building 22420, classroom 4.

Col. Dan Kelso (Ret.) will discuss your competition for finding a job, perceptions civilian em-

ployees have of military personnel, networking and penetrating the hidden job market and preparing for and conducting a successful interview. The event, conducted by the by the Military Officers Association of America, is open to the Fort Huachuca community. Call 533-5764 for reservations or for more information.

Army ROTC Lateral Entry Program

Those who are qualified prior service or a member of the National Guard or Reserve and wish to become an officer, the University of Illinois Army ROTC Lateral Entry Program may be for you. The Lateral Entry Program allows eligible students to contract into the Reserve Officer Training Corps as Cadets when they are academic juniors, seniors, or graduate students with four semesters of coursework remaining before graduation. Call ROTC toll-free at 877-863-4768, email us at arotc@uiuc.edu, or visit the Web site at <http://www2.uiuc.edu/unit/armyrotc/> for more details about the program.

Fort Huachuca PX events planned

The Fort Huachuca Main Exchange will be having Trick or Treat night Oct. 31 from 3-7 p.m. The exchange having a huge outdoor sale Oct. 27 and 28. Visit weekdays and check out the lunch time specials from 11 a.m. to 1 p.m. and also pick up the monthly calendars to keep up to date on new releases other specials.

Leave donations sought

The following Department of the Army civilians on Fort Huachuca are currently on the Leave Donor Program and need leave donations: Michael Clark, DPS; Alicia Doyle, WCPOC; Linda Haldorson, MEDDAC; Pamela Hastings, CA/ITEC-4; Aline Knight, IG; Shirley Michaud, DOIM; Kimberly Outlaw, DPS; Patricia Paiz, 305th MI Bn; Susan Pester, MEDDAC; Scott Van Voorst, FUTURES.

Additionally, government employees impacted by “Hurricane Katrina” are still in need of leave donations.

Contact the Civilian Personnel Advisory Center at 533-5273 for more information about donating excess leave.

Protestant Sunday Services		Women’s Ministry Bible study		Sunday	9 a.m.	Latter Day Saints Service	
9:00 a.m.	Gospel	1st, 3rd Friday	6 p.m.	Catholic		Sunday	1 p.m.
9:30 a.m.	Protestant	Bible Study/Choir Practice		• CCD		Youth Ministries	
11 a.m.	Cross Roads	Thursday	6 p.m.	• Adoration of the Blessed Sacrament		• Middle school	
11 a.m.	Collective Protestant	Ministerial Staff Training		Friday	3 - 6 p.m.	Sunday	
Roman Catholic Worship		Tuesday	6 p.m.	• MCCW		4 - 5 p.m.	
Mon.-Fri.		Men’s Choir Rehearsal		1st Friday	9 a.m.	• High school	
Mass	11:30 a.m.	Tuesday	7 p.m.	Korean		Sunday	
Sunday Mass	9:15 a.m.	Youth Fellowship		Choir practice	Friday	5:30 - 7 p.m.	
Sunday Mass	noon	3rd, 4th Saturdays	8:30 a.m.	OCIA	Friday		
Jewish Worship		Women’s Choir		Muslim Prayer		Legend	
Every Friday	7 p.m.	2nd Tuesday	7 p.m.	Friday		Main Post	
Protestant		Women’s Choir		Orthodox Divine Liturgy		Main Post, Room 24	
• PWOC	Tuesday	5th Saturdays	11a.m.	Friday		Main Post Blessed Sacrament Chapel	
	9 a.m. & 6 p.m.	Youth Church	1st, 2nd, 3rd, & 5th	1st & 3rd Sunday		Prosser Village	
				9:30 a.m		Kino Chapel	
						Eifler	

Advertisement

From **CAMPAIGN**, Page A3 — build on the positive momentum within our recruiting program,” said Lt. Gen. Robert Van Antwerp Jr., commander of the U.S. Army Accessions Command. The Army Strong campaign will address the interests and motivations of those considering a career in the Army, and will also speak to family members and friends supporting prospective recruits. Developing the campaign is McCann Worldgroup, a marketing communications agency retained last December after a competitive review of potential agencies. To develop the campaign, McCann conducted extensive research among prospective Soldiers and their influencers, and interacted with hundreds of currently serving Soldiers. “This is a campaign informed by research and inspired by Soldiers,” said Eric Keshin, McCann Worldgroup’s worldwide chief operating officer and regional director-North America. A preview of the campaign and more information is available at Army Knowledge Online.

From **B TROOP**, Page A3



Photo by Sgt. Tim Flowers

From left, Stable Sgt. Chris Zimmerman, Capt. Rod Preuss, 1st Lt. Jay Hizer, Cpl. Phil Shulsky, Trooper Pat Harrington, Trooper Quint Klopfleisch, and Trooper Dave Dueltgen pay final respect to Sarge, a favorite mount. All ranks are honorary troop ranks.

Advertisement

Soldiers say 'goodbye' for now

Spc. Stephen Urbany Jr., 518th Tactical Information Network Platoon, 504th Signal Battalion, and his girlfriend hold each other for the last time before he deploys. Urbany was one of approximately 15 Soldiers who deployed to Southwestern Asia for one year in support of Operation Iraqi Freedom. There was a farewell ceremony for the departing Soldiers around 1 a.m. Monday at the 504th Signal Battalion building. Last week, 15 Signal Soldiers redeployed after serving a yearlong tour.

Photo by 1st Lt. Ryan Jones



Advertisement

ENERGY

Scout Reports

(Editor's note: October is Energy Awareness Month. This article describes Fort Huachuca's many energy conservation projects.)

Whether cooling offices and homes amid the unremitting Arizona summer or running the electronic devices needed to get work done, energy powers many activities on Fort Huachuca. The office charged with identifying, implementing, and managing innovative energy and water-efficient technologies is the Fort's Energy and Water Management Office.

"My office's job is to invest in energy and water projects that promote efficiency, improve the working and residential quality of life on the fort and provide a good return on investment to taxpayers," said Bill Stein, Fort Huachuca energy coordinator and utilities sales officer.

Fort Huachuca possesses excellent natural and renewable energy resources, according to Stein. Its solar resources are among the best in the United States. Wind energy is in moderate supply and there is potential there. There have also been some indications of low level geothermal energy on the East Range and in the canyons in the Huachuca Mountains, he said.

According to Energy and Water Conservation office reports, the fort has been out in front in the Department of Defense in harnessing solar energy. It has been more than 25 years since a 2,000 square-foot solar system for

the indoor p
hot water sy
in 1980 and
five-kilowatt



A wind generator is installed just off Canelo Road near the Fort Huachuca's West Gate.

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Photos by Thom Williams

Bill Stein, Fort Huachuca energy coordinator and utilities sales officer checks on a solar photovoltaic array that is installed on the Troop Issue and Freight Services building.



In 1995 the photovoltaic-powered street and parking lot lights were installed at the Alchesay Barracks.



Inverters installed on the back of the Thrift Shop building that convert direct current into alternating current electricity.



A 384 square-foot ground-mounted solar system was installed in front of Koch Barracks which provides about half the buildings

Y

Fort incorporates 'bright ideas' into energy conservation



ool and a 900 square-foot solar domestic system were installed at Barnes Field House, 1981 respectively. In 1982, a three-phase, photovoltaic system, which converts solar energy into electricity, was installed on Holman Guest House.

Since then, the projects have really taken off, said Stein. In 1992, six pv-powered marquee signs were installed at the main and east gate and in 1994 and 1995 the first pv-powered street and parking lot lights were installed at the NCO Academy and Alchesay Barracks, respectively. The Thrift Shop building was outfitted in 1996 with a 30-kilowatt pv system of about 100 panels producing Direct Current electricity that is converted to Alternating Current electricity by five inverters on the back of the building. Later that same year, a 384 square-foot, ground-mounted solar domestic hot water system was installed in front of Koch Barracks in Prosser Village, which provides about half of its hot water.

ighting system that keeps the lights turned off when natural light is available was installed in Libby Army Airfield Hangar #1, Stein said. In 2003, 300 square foot solar wall transpired air solar collectors were installed on Hangars 1 and 3. The Solar wall is a windowless wall that pulls air in through slots and circulates it with a fan that distributes it throughout the building. In the winter and in the summer time the system helps to heat the air early in the morning to help cool the

hangars. Libby Army Airfield is home to the second and third such solar walls to be installed in the Army.

DoD sponsored 200-kilowatt fuel cells that produce electricity, space heating, and hot water for the building. DoD chose Fort Huachuca for a Dish-Stirling solar thermal electric generator, which concentrates sunlight into the receiver of a heat engine to produce 10kW of electricity. Installed in 1996 at the Joint Interoperability Test Command, the developmental prototype is the only one in DoD and one of about a dozen in the world.

"Good economics and solar availability were prime factors in DoD selecting the fort for these unique technologies," Stein said.

Records from the Energy and Water Management Office show that the fort's electricity demand has declined by seven percent since 1994. While this percentage may sound small, one must consider that when nothing is done to reduce electricity use, demand typically climbs three percent a year as new electronic gadgets are plugged in," Stein said. "To overcome that annual growth and even reduce overall demand during the past decade takes a team effort and plenty of smart projects."

Over the past decade, the Energy and Water Management Office has been awarded one presidential, eight federal and four Army-level awards for its efforts in water conservation, renewable energy and energy efficiency. There are signs at the main and East gate that display

the awards for the Fort.

The primary vehicle for the fort's energy conservation projects over the past decade has been the Energy Savings Performance Contract, said Stein. The fort contracts with a vendor that buys and installs upfront suitable technologies while the fort pays for the goods and services on a yearly basis, partly out of the dollars saved from energy efficiency gains.

More than \$4 million in projects focusing on energy conservation and renewable resources have been completed resulting in \$600,000 in annual energy savings, said Stein.

Looking forward, Stein hopes to get more day lighting and solar wall projects started, continue to use pv systems on buildings with large roof areas such as Riley Barracks and Greely Hall, improve water efficiency post wide, and bring in ceramic insulation that he used with success in Iraq for U.S. forces and restoration efforts two years ago during his deployment as a staff engineer with the

2nd Medical Brigade. There are also plans to install a 600-kilowatt commercial-scale wind turbine on the west range under the Army's Energy Conservation Investment Program, plus a smaller 50-kilowatt multiple-vertical-axis wind turbine and a solar heating and cooling system at the South Central Plant under the ESPC contract.

"There is always more we can do to improve energy and water conservation and efficiency on the Fort," Stein said.



The Fort Huachuca Thrift Shop building was outfitted in 1996 with a 30 kilowatt Photovoltaic system of about 100 panels.



A solar domestic hot water system was installed at Barnes Field House, 1981 respectively. In 1982, a three-phase, photovoltaic system, which converts solar energy into electricity, was installed on Holman Guest House.



A hot water holding tank and a circulator that are part of a solar hot water system that is installed in a barracks in Prosser Village.



A roof solar hot water system is mounted on Building 80305 in Prosser Village.

Photo Illustration by Amy Olivarez

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Service News



Ultimate sacrifice in support of Global War on Terrorism

Sgt. Justin Walsh, 24, of Cuyahoga Falls, Ohio, died Oct. 11 at National Naval Medical Center Bethesda, Md., from wounds received while conducting combat operations in Al Anbar province, Iraq, on Oct. 5. He was assigned to 8th Engineer Support Battalion, 2nd Marine Logistics Group, II Marine Expeditionary Force, Camp Lejeune, N.C.

Chief Warrant Officer Scott Dyer, 38, of Cocoa Beach, Fla., died Oct. 11 in Banditemur, Afghanistan, from injuries suffered during combat operations. Dyer was assigned to the 3rd Battalion, 3rd Special Forces Group, Fort Bragg, N.C.

Sgt. Julian Arechaga, 23, of Oceanside, N.Y., died Oct. 9 while conducting combat operations against enemy forces in Al Anbar province, Iraq. He was assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Lance Cpl. Jon Bowman, 21, of Dubach, La., died Oct. 9 while conducting combat operations against enemy forces in Al Anbar province, Iraq. He was assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Pfc. Shelby Feniello, 25, of Connellsville, Pa., died Oct. 9 while conducting combat operations against enemy forces in Al Anbar province, Iraq. He was assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Pfc. Phillip Williams, 21, of Gardnerville, Nev., died Oct. 9 in Baghdad, Iraq, from injuries suffered from enemy contact during combat operations. Williams was assigned to the 4th Brigade Troop Battalion, 4th Brigade Combat Team, 101st Airborne Division (Air Assault), Fort Campbell, Ky.

Spc. Timothy Fulkerson, 20, of Utica, Ky., who died Oct. 8 in Tikrit, Iraq, when a landmine detonated near his vehicle during combat operations. Fulkerson was assigned to the 1st Battalion, 82nd Aviation Reconnaissance Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, Fort Bragg, N.C.

Pfc. Shane Austin, 19, of Edgerton, Kan., died on Oct. 8 in Ar Ramadi, Iraq, from injuries suffered by enemy grenade fire. Austin was assigned to the 1st Battalion, 35th Armor Regiment, 2nd Brigade Combat Team, 1st Armor Division, Baumholder, Germany.

Lance Cpl. Stephen F. Johnson, 20, of Marietta, Ga., died Oct. 8 while conducting combat operations against enemy forces in Al Anbar province, Iraq. He was assigned to 2nd

See **SERVICE NEWS**, Page A21

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From **SERVICE NEWS**, Page A20

Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Sgt. Brandon Asbury, 21, of Tazewell, Va., who died on Oct. 7 in Baghdad, Iraq, from injuries suffered when his unit came in contact with enemy forces using small arms fire during combat operations. Asbury was assigned to the 4th Support Battalion, 1st Brigade, 4th Infantry Division, Fort Hood, Texas.

Two Soldiers died Oct. 7 in Baghdad, Iraq, from injuries suffered when an improvised explosive device detonated near their vehicle during combat operations.

Killed were: **Sgt. Lawrence Parrish**, 36, of Lebanon, Mo., who was assigned to the 110th Engineer Battalion, Kansas City, Mo. **Cpl. Carl W. Johnson II**, 21, of Philadelphia, Pa., died on Oct. 7 in Mosul, Iraq, from injuries suffered when an improvised explosive device detonated near his vehicle. Johnson was assigned to the 2nd Battalion, 3rd Brigade, 2nd Infantry Division, Fort Lewis, Wash.

Spc. John Wood, 37, of Humboldt, Kan., who was assigned to the 891st Engineer Battalion, Garnett, Kan. **Cpl. Bradford H. Payne**, 24, of Montgomery, Ala., died Oct. 6 while conducting combat operations against enemy forces in Al Anbar province, Iraq. He was assigned to 2nd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Lance Cpl. John Hale, 20, of Shreveport, La., died Oct. 6 from wounds received while conducting combat operations against enemy forces in Al Anbar province, Iraq. He was assigned to 2nd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Cpl. Nicholas Arvanitis, 22, of Salem, New Hampshire, died on Oct. 6 in Bayji, Iraq, from injuries suffered when he encountered enemy fire. Arvanitis was assigned to the 1st Battalion, 505th Parachute Infantry Regiment, 82nd Airborne Division, Fort Bragg, North Carolina.

Four Soldiers died in Taji, Iraq, on Oct. 4 after being attacked by enemy forces using small arms fire and other weapons. All four Soldiers

were assigned to the 7th Squadron, 10th Cavalry Regiment, 1st Brigade, 4th Infantry Division, Fort Hood, Texas.

Killed were: **Pfc. Dean Bright**, 32, of Roseburg, Oregon; **Spc. Timothy Burke**, 24, of Hollywood, Fla.; **Staff Sgt. Christopher Moudry**, 31, of Baltimore, Md.; and **Spc. George Obourn Jr.**, 20, of Creve Coeur, Ill.

Four Soldiers died in Taji, Iraq, on Oct. 2, of injuries sustained when an improvised explosive device detonated near their vehicle. All four Soldiers were assigned to the 7th Squadron, 10th Cavalry Regiment, 1st Brigade, 4th Infantry Division, Fort Hood, Texas.

Killed were: **Staff Sgt. James Ellis**, 25, of Valdosta, Ga. **Spc. Raymond Armijo**, 22, of Phoenix, Ariz. **Spc. Justin Jarrett**, 21, of Jonesboro, Ga. **Spc. Kristofer Walker**, 20, of Creve Coeur, Ill.

Cpl. Fernando Robinson, 21, of Hawthorne, Calif., died on Oct. 2 in Korengal, Afghanistan, from injuries sustained when his patrol came under attack by enemy forces using small arms fire and rocket propelled grenades. Robinson was assigned to the 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

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Register for youth sports programs at CER Office

The Child and Youth Services Central Enrollment Registration Office is the place to register your child for all CYS activities, from swim lessons, to Tae Kwon Do classes, to cheerleading classes and everything in between.

The CER Office handles registration for the following CYS programs: SKIESUnlimited, Youth Sports, the Middle School and Teen Program, School Age Services, the New Beginnings Child Development Center and the Family Child Care Program.

The CER is open from 7 a.m. to 6 p.m. Mondays through Fridays for the convenience of all parents wishing to register their children. Appointments are available daily, during normal business hours, except for Thursday afternoons, from 1 to 5 p.m., when only walk-ins are accepted.

In order to participate in any CYS activity, youth must be CYS members. There is an annual fee of \$18 per youth, or a maximum fee of \$40 per family.

To register for Youth Sports programs, such as soccer, baseball and basketball, a birth certificate and current sports physical are also needed.

Registration for the CYS 2007 Basketball Program is now in progress and will continue through Jan. 5, 2007.

Cost of the program is \$45 for the first child and \$40 for each additional child. A current sports physical is required at the time of registration.

Basketball practices are scheduled to begin Jan. 15, 2007.

Registration for the CYS 2007 Scorpions Youth Wrestling Program will begin Oct. 30. Cost of the program is \$85 for the first child and \$80 for each additional child.

Registration for all CYS programs can be completed at the Central Enrollment Registration Office at Murr Community Center.

For more information, call the CER Office at 533-0738 or the Youth Sports Office at 533-8385/0711.



Courtesy photo

Open House Saturday at Arts Center

The MWR Arts Center will hold an open house from 9 a.m. to 4 p.m. Saturday.

The event is open to the public and free refreshments will be offered. Patrons are invited to visit the facility, to see what services and what classes are available, and to register for a door prize.

Those attending the open house will also have the opportunity to visit the Geronimo Gallery at the Arts Center.

The gallery features a variety of unique art and craft items, made by local artists. Items such as jewelry, pottery and paintings are available.

During the open house, all items in the gallery will be on sale and marked down 25 percent off the regular price.

Free demonstrations will be offered in the following arts and crafts: pottery, lapidary, ceramic painting, cake decorating, photography, framing and watercolor painting.

The Arts Center is located in Building 52008 on Arizona Street, across from the Commissary.

The facility is open from noon to 8 p.m., Tuesdays - Thursdays and from 9 a.m. to 5 p.m., Fridays and Saturdays. A wide variety of classes in various media are offered. The classes are open to everyone.

For more information, call Riki Tarquinio or Ricardo Alonzo at 533-2015.

Get TCC tickets at Murr CC

The MWR Recreation Program Registration and Ticket Office has tickets available for the events at the Tucson Convention Center: now through Oct. 22, Disney on Ice, "The Incredibles;" Nov. 2, Juan Gabriel; and Nov. 14, Alison Krause and

Union Station.

TCC tickets are available from 10 - 11 a.m. and 1 - 4 p.m. Mondays through Fridays, at Murr Community Center. For more information, call 533-2404.

Buffalo Corral schedules trail ride

Buffalo Corral will be closed today through Sunday because of the Helldorado trail ride. It will re-open for business Oct. 26.

From 3 to 5 p.m. Oct. 28, Buffalo Corral will offer a trail ride, followed by a steak barbecue. The ride is open to everyone. Reservations are required by close of business Monday.

The corral is open to the public 9 a.m. - 4 p.m., Thursdays to Sundays.

For more information, call at 533-5220.

Sign up for Veterans Day run

The MWR Sports and Fitness Branch will hold the Veterans Day 5 Kilometer Commemorative Run beginning at 7 a.m. Nov. 11 at Eifler Fitness Center. Registration for the run is now in progress.

The run will consist of one lap on a flat course.

Entry fee is \$10 for active duty military or \$15 for civilians. Fee includes awards, refreshments and a souvenir T-shirt.

Entry forms are available at Barnes Field House and Eifler Fitness Center.

For more information, call Mick Gue at 533-4723.

Trap, skeet, basic pistol classes

The Sportsman's Center will offer a class for patrons who wish to learn the basics of trap and skeet shooting with certified instruction at the beginners' trap and skeet clinics that will be held at noon Oct.

20 at the center.

Cost is \$10 and includes ear plugs, one box of ammunition, rental shotgun and one round of targets.

A basic pistol course will be offered beginning at 9:30 a.m. Oct. 28.

The class will teach safe firearm handling, how to clean and store a firearm and shooting fundamentals.

Registration and pre-payment are required. Cost is \$12.50 per person and includes instruction, range fee and ear protection.

Participants are encouraged to bring their own firearms. Ammunition and eye protection are not included.

The Sportsman's Center is always in need of volunteers. Individuals interested in volunteering should call or visit the facility.

For more information, call 533-7085.

CDC to offer special child care hours

Child and Youth Services will offer "Parents' Night Out," from 6 to 10 p.m. Oct. 21 at the New Beginnings Child Development Center. These special care hours are offered on a bi-monthly basis. The CDC is located in Building 48101, Smith Street.

Pre-registration is required. To sign up, call the CYS Central Registration Office at 533-0738.

Halloween party at Jeannie's, DL

Jeannie's Diner and Desert Lanes will host a Halloween party Oct. 28.

From 8 p.m. - midnight, the Diner will present a costume contest, music, dancing and door prizes.

Also from 8 p.m. to midnight, Desert Lanes will offer bowling at the special price of \$5 per person. That price includes shoe rental.

For more information, call 533-5759 or 533-2849.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com

The Scout TimeOut

SOLDIERS HELP SCOUTS AT CAMPOREE

Story and photos by Anthony Reed

Scout Staff

The Cochise District of the Boy Scouts of America got a little help from their friends during their annual Fall Camporee held here at Lower Garden Canyon Oct. 13-15.

Soldiers from the Military Intelligence Officer Basic Course (Company C, 304th MI Battalion) volunteered time and service for the event.

Each MIOBC class is expected to perform 100 hours of community service before graduation, but some of the Soldiers who volunteered to work with the more than 150 Scouts in attendance had other reasons for giving their time.

"The community service is completely voluntary," 2nd Lt. Micah Morningstar. "We don't have to do it, and I really wasn't planning on it, but when I heard there was an opportunity with Scouts, I could not resist."

Morningstar has an extensive Scouting background. He is an Eagle Scout, member of the Order of the Arrow.

"I want to give back to the program that gave me so much," Morningstar said. "The leadership and life skills I acquired while in Scouting have enabled me to start life 10 steps ahead of everyone else in every

aspect of my life."

The Soldiers began arriving Friday night — some opting to get into the "camping spirit" of the Pioneering theme of this year's Camporee by bringing tents and sleeping bags to stay for the event's entirety.

The Camporee officially began at the crack of dawn Saturday morning. After Reveille, breakfast and a flag ceremony, the volunteer Soldiers took their places at their respective stations for the day's competitions.

At the Tri-pod Chair station, 2nd Lt. Diana Sluhan and 2nd Lt. Matt Yalch checked the logs and anxiously awaited the first troops.

Yalch spent 12 years of his youth in Scouting — from Tiger Cubs to Eagle Scout. "From my experiences as a youth, I know Scouting to be an activity that is not only fun, but also beneficial to youth," he said. "Soon after I arrived on Fort Huachuca, I sought out the local Boy Scout Council and found out how to get involved."

In his spare time, Yalch serves as Assistant Scoutmaster with Troop 431 — a Fort Huachuca unit. In addition to officiating at the Tri-Pod Chair, he also assisted young Scouts in crossing a ranger rope bridge.

Sluhan was a Brownie and Junior Girl Scout

See **SCOUTS**, Page B3



Second Lt. Lauren Wall checks the rope at the Giant Knot station during the Cochise District Boy Scouts 2006 Fall Camporee.



Second Lt. Matt Yalch either has a "Scouting Flashback" or checks the work of a Boy Scout Troop's completed Tri-pod Chair.



Second Lt. Matt Yalch and 2nd Lt. Diana Sluhan prepare wood for the Tri-pod Chair competition at the Cochise District Boy Scouts 2006 Fall Camporee.



Second Lt. Leo Raabe gives pointers to a Scout at the Cochise District Boy Scouts 2006 Fall Camporee.

Women improving in using strength training

By George Colfer, Ph.D.

Special to the Scout

The Centers for Disease Control and Prevention has released its current findings on Health Initiatives regarding strength training use in our nation. The results showed that women made the largest increase of those who perform strength training at least twice weekly to achieve physical fitness goals. This study was a follow-up from 1998 in which strength training usage overall was about 18 percent of the United States population.

The latest survey showed an overall two percent increase to 20 percent or one in every five people performing some type of strength training twice weekly or more. Women of all ages increased three percent to a total of 18 percent up from the previous 15 percent. Men held the same rate of about 22 percent. While this still may seem small in number, especially to military personnel, the numbers are significant when it shows that combined, 40 people out of 200 (18 women of 100 and 22 men of 100) are practicing strength training at least two days per week. The CDC had set a goal for 2010 that 30 percent of our population would be involved in some form of strength training, but they now fear that goal will not be reached. Strength training modes for the study included lifting free weights (barbells and/or dumb-

ells), isotonic strength machines and calisthenic or free-body type exercises.

The greater increase for women is not surprising. First of all, through the media, there has been a call or challenge for women to become more active. It has also been realized that the training needs of females are basically the same as for males. There is no evidence to advocate different training techniques for the female. A woman can be athletically skilled and train rigorously without any problems. Women are perfectly capable of strenuous activity without any physiological impairment. They are also capable of high-level motor skill tasks as well as those involving endurance. It is also a known fact that physically active women are healthier than those who are inactive.

One noticeable difference for women is in anaerobic capacity. Muscular concentrations of ATP (Adenosine Triphosphate) and PC (Phosphocreatine) is less than that for the average male. When evaluated, the capacities of ATP, PC and Lactic Acid systems showed that women have less total anaerobic capacity than men. The effect in performance is that women have less power and explosive capacity when compared to men. This would explain the differences in world record performances in such events as weight lifting, sprints, shotput, pole vault and the like.

Another important benefit for women in

strength training is to reduce or ward off the incidence of osteoporosis or bone loss concerns. Strength training has been shown to be an effective means to reduce osteoporosis and the time to start is before the onset of the disease. The CPC study stated that younger women participate more than older women. Other factors enhanced through strength training are appearance, body image and self-esteem. Also, women who strength train along with performing aerobic activity have a higher energy level and can ward off fatigue more easily. Increased muscular strength will make all tasks easier to perform for everyone whether it be in the military, sport or everyday life.

One fear or criticism of strength training in women is the development of a masculine or muscle-bound body. This is practically nonexistent without the use of anabolic steroids, which in essence could increase the female's testosterone beyond the normal female baseline. Males have a higher testosterone baseline by a 10 to one ratio than females do. Steroids and human growth hormones are illegal substances which pose some very serious and dangerous side effects that can occur from the use of these substances.

The full study on strength training was published in late September, 2006 in the CDC Morbidity and Mortality Weekly Report.



Photo by Lilly Wise

Regular strength training improves Soldiers' performance in annual physical training tests as well as their overall fitness levels.



Signals at Allatoona Pass

Corpsmen prove their worth to General William Tecumseh Sherman

“ (at Allatoona) the signal flags carried a message of vital importance over the heads of Hood’s army. ”

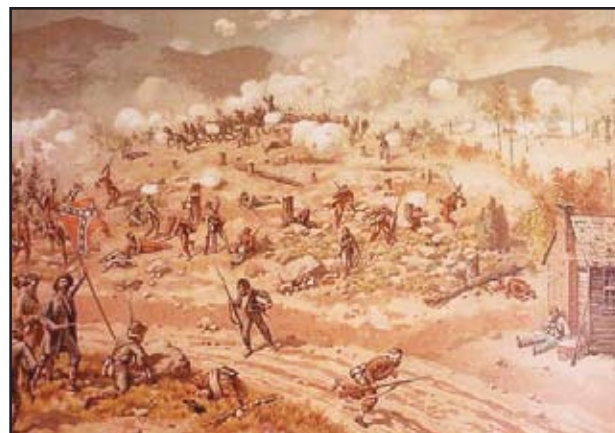
*Gen. William Tecumseh Sherman
Union Soldier*

By Vincent Breslin
NETCOM/9th ASC Historian

The US Army Signal Corps first saw service during the American Civil War. One of the more conspicuous applications of signal service came during the October 1864 Battle of Allatoona Pass in Georgia. This battle marked the end of the fighting around Atlanta.

Gen. Alexander Stewart (Confederate Soldier) advanced from the hills of west Cobb County and gained the Western and Atlantic Railroad in early October, 1864. As they moved northwest his Rebels battled the Union garrisons established by Gen. William Tecumseh Sherman (Union Soldier) to protect his all-weather lifeline. With cavalry sweeping Stewart’s front, the Confederates easily defeated Yankees stationed at Big Shanty (now Kennesaw), Moon’s Station and Acworth Oct. 3. Fewer than 500 men defended the three garrisons.

Working through the night the Confederates tore up track for eight miles north of Big Shanty. On Oct. 4, General Samuel French (of Stewart’s



October 1864 — Battle of Allatoona Pass

Corps) received orders instructing him to advance on Allatoona Pass, fill it with “ ... logs, brush, rails, dirt ...” then continue on to the Etowah Bridge and destroy it.

Allatoona, about thirty miles northwest of Atlanta, was the site of a strategic railroad pass through the mountains, as well as a supply base for Sherman’s army group. Moreover, the proposed capture of Allatoona Pass by the Confederates promised to cut off Sherman’s communications to the north. A small force under the command of Lt. Col. John Tourtellotte, 4th Minnesota Infantry, defended the position. After a signal officer atop Kennesaw Mountain, about 18 miles south of Allatoona, spotted enemy movement toward the latter place, Sherman called to Brig. Gen. John B. Corse at Rome, Ga., north of Allatoona, to reinforce the threatened garrison.

Lt. Charles Fish, stationed at Kennesaw, relayed the message by flag signals to the station at Allatoona, from which it was transmitted via telegraph and locomotive (the telegraph wires having been cut) to Rome. Messages sent to the garrison

at Allatoona during the ensuing siege reputedly inspired the song “Hold the Fort,” which became famous as a gospel hymn and later served as an anthem of the labor movement. On Oct. 4 Brig. Gen. William Vandever signaled to Tourtellotte from Kennesaw that: “Sherman is moving in force. Hold out.” Later that day another message read: “General Sherman says hold fast. We are coming.” The following day Tourtellotte received a third message from Kennesaw. “Tell Allatoona hold on. General Sherman says he is working hard for you.”

Fortunately, Corse arrived in time and, amid heavy fighting Oct. 5, the position held. While Sherman did not place a great deal of faith in the Signal Corps generally (preferring the commercial telegraph in most instances), the one notable exception he made was at Allatoona “when the signal flags carried a message of vital importance over the heads of Hood’s army.” Hence the old saying, “When your system is down, and you’ve just got to get the message through, raise the flags and depend on America’s best fighting men, of course.” (A little historian dry humor there.)

From **SCOUTS**, Page B1



Military Intelligence Officer Basic Course (Company C, 304th MI Battalion) Soldiers chow down at the fine pioneering cuisine of the Cochise District Boy Scouts 2006 Fall Camporee.

growing up. She also has worked with the Explorer Scouts. “Scouting reinforced the values my parents taught me,” she said. “It helped me learn teamwork, and gave me a chance to learn about many activities as I earned merit badges. It taught me self-reliance and instilled confidence in me that I could do anything I put my mind to.”

To her, volunteering at Camporee was fun, but also “the right thing to do. It’s important to be involved in the community you live in – even if it’s only for a short period of time.”

During her stint at Fort Huachuca, Sluhan has also helped some Scouts earn their Horsemanship badge.

Though a long way from her home in Arkansas, 2nd Lt. Elizabeth Marlin was eager to be an official at the Giant Knot. “I worked with the Girl Scouts back home, and I usually volunteer a lot with my sorority,” she said.

Yalch said Scouting has helped him immense-

ly in the military. “Like the Army, Boy Scouts has a rank structure and focuses much of its training on outdoor skills such as survival, camping and land navigation,” he explained.

“More importantly, the Scout program also endorses a set of values by which members are encouraged to conduct in their lives. It also has allowed me a continued association with good people, as well as a sense of accomplishment, work ethic, and valuable leadership skills that came with progressing through the Scouting ranks.”

The Soldiers and Scouts played dodgeball, had a Catapult competition, and Black Skillet Cooking contest that Yalch was eager to be a “tasting judge” for.

Saturday’s events ended with an assembly, campfire and awards ceremony. Sunday began with Reveille, breakfast and the Scout’s Own Service.

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Holiday Craft Bazaar scheduled

The Fort Huachuca Community Spouses Club will sponsor a holiday craft bazaar Oct. 28 from 8:30 a.m. to 3 p.m. at Buena High School. There are vendor, food and other opportunities. Get a jump start on Christmas shopping. To be a craft or food vendor, or for general information, call Lynette Wilson at 378-5180 or e-mail to highdesertcraft-bazaar@yahoo.com.

FHCSC needs donations of individually-wrapped, home made baked goods for their bake sale. To donate contact Debbie Johnson at 439-0470 or Debbie.w.johnson@us.army.mil.

Halloween party set at Burger King

Children and parents are invited to a Halloween Party at Burger King here from 2 to 3 p.m. Oct. 29. There will be prizes for best costumes in two age categories:

- Ages 2 to 5 years old
- Ages 6 to 12 years old

Each age group will receive first and second place prizes of a \$50 and \$25 gift certificate.

Trip to Nogales, Mexico, planned

Join the Fort Huachuca Community Spouses' Club Wednesday as they enjoy a day of shopping for bargains and treasures in this border town, and have lunch in an authentic Mexican restaurant. Contact Tour coordinator Deborah Aponte for reservations at 378-3564 or aponted@hotmail.com. Cost is \$5 to cover gas. Meet at Pizza Hut Bistro at 8:20 a.m. to leave at 8:30 a.m. Return time will be after school gets out.

Tips to Bird Identification

A free bird identification program, "It's not all about color" will be held Oct. 26 at 7 p.m. in the

Mona Bishop Room, Sierra Vista Public Library, 2600 East Tacoma Street.

This program speaker is Rick Romea who has more than 30 years of birding experience. He will present some of the 'tricks' that birders use to quickly identify 'hard' birds, or birds that are not seen well. The program is free and open to the public. For more information call 459-2555.

View DeGrazia: The Early Years

A quarter century of DeGrazia paintings and sketches, some exhibited for the first time, that showcase the influence of Italian religious artists and Mexican muralists, plus archival photos of DeGrazia, Diego Rivera and José Clemente Orozco will be on exhibit at the DeGrazia Gallery in the Sun, 6300 N. Swan, Tucson.

Opening Reception is from 5:30 to 8 p.m., Friday.

For more information, call 520-299-9191 or visit www.degrazia.org.

Spanish books and videos available

The Fort Huachuca Main Library has books and videos in Spanish: "Los Anos con Laura Diaz," by Carlos Fuentes; "Atravesando Fronteras," by Jorge Ramos; "Cien Anos de Soledad," by Gabriel Garcia Marquez; and "Delito por Bailar el ChaCha-Cha" by Guillermo Cabrera Infante. Videos include "Como Agua para Chocolate" based on the novel by Laura Esquivel.

Books may be found at the Fort Huachuca Main Library at the corner of Smith Avenue and Arizona Street. For a selected listing of available materials in Spanish, visit the library Tuesdays through Fridays 10:30 a.m. to 7:30 p.m. or Saturdays from 8:30 a.m. to 5:30 p.m.

Call 533-3041 for more information.

Motorcycle show and ride planned

The Fort Huachuca Motorcycle Mentorship Program will sponsor a free motorcycle show and ride to Bisbee and Tombstone Saturday from 8:30 a.m. to 4:30 p.m. for all servicemembers, dependents, military civilians and retirees.

All servicemembers and civilian employees are required to have a Motorcycle Safety Foundation Rider Course completion card as required by military regulations. All riders are required to wear stiff over-the-ankle shoes or boots, reflective garments, riding specific glasses or face mask, long pants, long jacket or shirt and a DoD-approved motorcycle riding helmet.

From 8:30 a.m. to 12 p.m., breakfast at Jeannie's Diner and visit the bike show in the parking lot.

At noon, ride to the Olde Tymer's Restaurant in Bisbee for lunch. A map will be provided.

At 3:30 p.m., ride back to Fort Huachuca through Tombstone.

Judging in the following categories begins at 10:30:

American Touring, Foreign Touring, American Custom, Foreign Custom, American Sport, Foreign Sport, American Sport Custom and Foreign Sport Custom.

Call Staff Sgt. Shepard at 533-3629 or e-mail at indianwarrior2000@hotmail.com to sign up.

X-Box® tournament happens Saturday

Better Opportunities for Single Soldiers will sponsor an X-Box® tournament Saturday from 12 to 5 p.m. at the Time Out. Cost is \$5 in advance and \$10 at the door. All Morale, Welfare & Recreation patrons may participate.

For information, call Sgt. Jack Wright at 533-6602 or his cell phone at 220-6980 or e-mail jack.t.wright@hua.army.mil.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.
The Wicker Man (PG-13)

Friday -7 p.m.
The Last Kiss (R)

Saturday-Free-2 p.m.,
Antbully (PG-13)

Saturday-7 p.m.
Crank (R)

Sunday -2 p.m.
Hollywoodland (R)

Monday - Wednesday
Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

The Commander's Access Channel is your channel. We provide a window to the military community that you live in. Committed to the value of community television we are your source for military news and local information. We share in your successes and connect you to the events that are shaping your future. We're your channel.... Cable 97.



Where's Wettie?

Wettie likes to assist the Water Wise and Energy Smart Program conservation educators when they teach classes to fourth and fifth graders at School Age Services. Monthly classes help the students learn ways to conserve water and energy.

The classes are varied, interactive, and always a lot of fun.

Congratulations to **Tamrah Pehrson**, family member, who correctly identified Wettie's location at School Age Services, her children's favorite place.

See next week's Scout for another opportunity to play and win. Everyone's a winner when they practice good water conservation practices, including Fort Huachuca.

This contest is sponsored by the Fort Huachuca Water Wise and Energy Smart program and The Fort Huachuca Scout.



2006 Intramural Flag Football Standings
(as of October 12, 2006)

American Football Conference

TEAM	W	L	PCT.	GB
# Co. E 309 th MI BN	7	1	.875	---
# HHC, 11 th Sig.	6	2	.750	1
Co. A, 305 th MI BN	5	3	.625	2
MEDDAC	5	3	.625	2
HHC, USAG	5	3	.625	2
Co. C, 304 th MI BN	3	5	.375	4
HHC, 111 th MI	3	5	.375	4
18 th MP DET	1	7	.125	6
USMC	1	7	.125	6

National Football Conference

TEAM	W	L	PCT.	GB
# EPG	6	2	.750	---
# Co. F, 309 th MI BN	6	2	.750	---
NCOA	5	2	.714	½
*USBP	5	2	.714	½
JITC	4	3	.571	1½
Co. B, UASTB	4	4	.500	2
Co. A, UASTB	3	4	.429	2½
Co. B, 305 th MI BN	2	6	.250	4
Co. C, 305 th MI BN	1	5	.167	4
NETCOM	0	6	.000	5

Clinched a playoff spot * Recreational Team



Photo by Thom Williams

The quarterback for Headquarters and Headquarters Company, 11th Signal Brigade looks for an open receiver during a game against the 18th Military Police Detachment on Sentinel Field.

October 12, 2006

JITC	18
NCOA	6
Co. F, 309 th MI	26
Co. B, 305 th MI	20
Co. B, UASTB	19
EPG	12

October 11, 2006

MEDDAC	1
18 th MP Det.	0
HHC, 11 th Sig.	27
HHC, 111 th MI	13
Co. E, 309 th MI	1
Co. C, 304 th MI	0

October 10, 2006

NCOA	36
Co. B, UASTB	12
Co. F, 309 th MI	14
Co. B, UASTB	12
Co A, UASTB	21
Co. C, 305 th MI	20

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